

Know and Follow Rules

Saber y seguir las reglas

Includes Activity Guide for Adults!

¡Incluye guía de actividades
para adultos!





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Saber y seguir las reglas

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Dedication

To Kara, who has found that following rules
brings a clear conscience and freedom.

Dedicación

A Kara, quien descubrió que el seguir las
reglas nos brinda libertad y una
conciencia tranquila.



SCHOOL RULES
LAS REGLAS
DE LA ESCUELA

- 1 _____
- 2 _____
- 3 _____

I go to school with my friends. We have rules to help us know what to do.

Voy a la escuela con mis amigos. Tenemos reglas que nos ayudan a aprender qué hacer.



We have rules for play . . .

Tenemos reglas para el juego . . .



Ways to Reinforce the Ideas in *Know and Follow Rules*

Know and Follow Rules addresses three important ways rules benefit, strengthen, and support children: *mentally*, by providing clear expectations in the learning environment; *physically*, by helping them stay safe; and *socially*, by helping them to show respect, promote fairness, and get along with others. Because rules differ from setting to setting, few specific rules are delineated in the children’s text. Rather, four major objectives are highlighted. Below are the objectives along with possible rules that relate to each. You may want to prepare a poster of the rules for your classroom or learning area. While reading and discussing the book, relate the scenes and rules depicted to your own setting.

Objectives

Possible Rules

Be ready to learn	Listen, follow directions, do your best
Show respect	Keep hands and feet to yourself, ask permission, put materials away, be polite
Get along, be fair	Take turns, share materials, follow game rules
Stay safe	Use things carefully, take care of things, walk indoors

As you read each page spread, ask children:

- What’s happening in this picture?
- What rules do you think the people are (person is) remembering?

Here are additional questions you might discuss:

Pages 1–7

- Why do we need rules at school? What might happen if we didn’t have rules at school?
- What are some rules that can help you when you play? when you do quiet work? at other times?

Pages 8–13

- What are some rules that can help you learn and do your best?
- Who can you ask if you don’t know the rules? (*Make sure children know which adults can help them know and understand rules and when other children might be of help as well.*)

Pages 14–19

- What is respect? (*You might explain respect by saying, “When you show respect to people, you show that you think they are important.”*) How does following rules help us show respect?
- What are some rules that help us show respect?
- What does it mean to keep your hands and feet to yourself? (*As necessary, discuss antisocial and dangerous behavior such as hitting, pinching, pushing, and kicking as well as touching and taking people’s things.*)
- What does it mean to ask permission? When do you ask permission at school? What should you do if the person says yes? What if the person says no?
- How does being polite show respect? How do you feel when someone is polite to you? When someone *isn’t* polite? What other friendly words can you use to show respect? What are some polite things you can do for other people?

Pages 20–23

- Why do games have rules? What might happen if people tried to play games without any rules at all?
- How do rules make games fair? (*Discuss this in the context of specific games children play in your setting.*)
- Have you ever played a game when you didn’t know or follow the rules? When someone else didn’t know or follow the rules? What happened?
- If someone isn’t following the rules, what can you do?
- Is it okay to change the rules of a game? (*It can still be fair for everyone if all players agree to the rules.*)
- Have you ever made up your own rules for a game? How did it work out?

Pages 24–25

- What are some rules at school that help keep us safe?
- Why is it important to walk instead of run in the hallways and classroom?
- What are some things at school we need to use carefully?

Pages 26–27

- Why do you think we have different rules for different places? (*Discuss different rules you have in various situations and places in your setting, such as in the block area, housekeeping center, art area; on the playground or bus; in the cafeteria, halls, bathrooms; during quiet work time, games, playtime; and so forth.*)
- What are some rules that you know and follow at home? in other places?
- What is a rule that we follow everywhere? Why is it always important? What’s another rule we follow everywhere? (*Focus here on rules that ensure that everyone is safe and treated with respect.*)
- If you could make your own rules (for your own room, or for an imaginary place) what would they be? Why would you want those rules? How would they help everyone who came there?

Pages 28–31

- What does it mean to be responsible? (*You might explain this by saying, “When you’re responsible, you do what you know is right.”*) How does following rules show that you are responsible?
- How does being responsible help keep you safe?
- Can you help someone else know and follow rules? How?
- How do rules help us get along?

“Following Rules” Games

Read this book often with your child or group of children. Once children are familiar with the book, refer to it when teachable moments arise involving the need to know, understand, and follow rules. Make it a point to notice and comment when children follow rules that help them show respect, play fair, stay safe, and get ready to learn. In addition, use the following activities to reinforce children’s understanding of rules and why we need them.